



Jim Reynolds, Director/Outreach Coordinator: (978) 468-5529

Monday - Friday 9:00 am - 4:00 pm

THE WENHAMITE

OCTOBER 2014

WENHAM COA
10 SCHOOL STREET
978-468-5534
COA@WENHAMMA.GOV

Volume 1, Issue 12



Our season sadly comes to a close! (pictured) Posie M.

The Latest Scam\$

Financial scams targeting seniors have become so prevalent that they're now considered "the crime of the 21st century."

Why? Because seniors are thought to have a significant amount of money sitting in their accounts.

Financial scams also often go unreported or can be difficult to prosecute, so they're considered a "low-risk" crime. However, they're devastating to many older adults and can leave them in a very vulnerable position with little time to recoup their losses.

It's not just wealthy seniors who are targeted. Low-income older adults are also at risk of financial abuse.

And it's not always strangers who perpetrate these crimes. Over 90% of all reported elder abuse is committed by an older person's own family members, most often their adult children, followed by grandchildren, nieces and nephews, and others.

- ♦ See more at: <http://www.ncoa.org/enhance-economic-security/economic-security-Initiative/savvy-saving-seniors/top-10-scams-targeting.html#sthash.k2haHGIG.dpuf>

- ♦ DO NOT CALL LIST - 1 (888) 382-1222

Besides the Autumn poets sing
A few prosaic days
A little this side of the snow
And that side of the Haze...
Grant me, Oh Lord, a sunny
mind—Thy windy will to bear!

~Emily Dickinson

I am excited about the upcoming months. We have a great deal of work to do and many eager hands standing by to help build our COA services into something great.

Volunteers have been coming by the COA building expressing their interest in helping out. We are working on better communication. Other organizations, like Acord Food Pantry, have asked if we had people interested in helping out with their efforts as well. Call me if you are interested.

The COA and the Board of Health will present a program called our *Fall and Winter Health and Resource Presentation* on the 15th which we plan to televise on our local station. We will provide health related information and resources for anyone looking to get out and stay active.

Can you believe we have snow tires going on the van at the end of the month. We hope you will join us on our *NEW* mystery (lunch) trips on Fridays. Thanks for your support, JR

1-800-AGE-INFO
EXPLORE WHAT'S POSSIBLE

<https://www.800ageinfo.com/>

The Wenhamite Community News

Fall & Winter Health & Resource Presentation

Sponsored by the
Wenham COA and the
Board of Health

**October 15th - 11:30 am
at The Town Hall.**

**Call to reserve lunch (978) 468-5534
to be recorded on HWCAM**

Please join us for a luncheon on Wednesday, **October 15th** from 11:30am - 1pm for the first of a series of health and wellness talks sponsored by the Wenham Board of Health and the Wenham Council on Aging. This first talk will focus on important health maintenance issues as we approach late Fall and Winter. We will also provide many inspiring ideas for outings and activities to keep you active through to Springtime! A delicious lunch from Henry's Market will be served.

"Youth is like spring, an over-praised season more remarkable for biting winds than genial breezes. Autumn is the mellower season, and what we lose in flowers we more than gain in fruits." Samuel Butler

Programs and Events

Saturday Coffee - Local historian, Jack Hauck has agreed to host our monthly Saturday coffee hour. The next gathering is on **October 25th** starting at **10 am**. We are excited about some fun and interesting topics and will keep you posted. Join us for this monthly event.

Internet Café - The Wenham COA will host Internet Cafe on the 2nd Wednesday of each month. Our next meeting is Wednesday **October 15th**, from 2 pm - 4 pm. We will have one computer hooked up to our projector, and our volunteers will bring different computers for hands on instruction. Our goal for this class will focus on any problems people are having with their iPads or any computer. We will help you with any questions and help you solve your problem. Call us if you have any questions. (978) 468-5534.

Knitting Group - 1st and 3rd Thursday in October (from 3-4:30 pm Penny Wingate and Buffy Colt have started a "knitting group" that aspires to be for any kind of handwork, done for whatever reason. They will meet at the COA monthly as a social get together, with chatting, helping each other, serving light refreshments. Crochet, sewing and quilting, are all welcome, at any level, they guarantee fun! We are hoping people with a specific skill will come and share their expertise or talk to the group and perhaps take on a project. If the group gets going, the leaders may meet more frequently.

Newly Bereaved - 1st Thursday of every month (6:00 - 8:00 PM) in Danvers (formerly Kaplan House).

Sharing our Losses, A Circle of Caring, Putnam Farm, Danvers - 1st Monday of every month. **Adult Loss of Parent** - Weds., 6:30 - 8:00PM in Danvers, July 30 to September 17th **CONTACT: Bertolon Center for Grief & Healing**, 78 Liberty Street, Danvers, MA. 01923. For more information or to register call (855) 774-5100. Email: grief@CareDimensions.org.

Enon Village will have a **Pumpkin Carving** event on October 15th from 9:30am - 11am. Bring your own knives and spoon to clean out your pumpkin. Group will meet in the community room at Enon. If you can't make it to **Enon** will have another chance at **Pumpkin Carving at the Wenham COA** on October 21st from 11:30am - 1pm. **NEXT MONTH: Bake Sale at Enon Village** is scheduled for **Nov 15th** and will start at 9 AM.

Low Vision Group - On Thursday, Oct. 16 this group will leave the Hamilton COA at 9:00am arriving at approximately 10:00 am at the *Perkins School for the Blind* in Watertown, MA. The tour will last about 1.5 hours and may include the Perkins School Products store. Lunch will be self-pay at John Brewer Tavern or Not Your Average Joe's in Watertown and the group will return to the Hamilton COA around 2 pm. Call (978) 468-5534 if you are interested. The van for this trip holds 14 and this should be an interesting trip.

COA MOVIES - Our movie dates remain Tues, October 14 at 10am and Tues, October 28 at 10am. Anyone is welcome to bring our movie program to life, but little interest has been shown to date. Call 468-5529.

THE WENHAMITE OCTOBER 2014 CALENDAR

H: Hamilton Council on Aging
W: Wenham Council on Aging
LH: Lamson Hall

HWL: Hamilton Wenham Library
HWCH: Hamilton Wenham Community House
ENON: Enon Village

HWR: Hamilton Wenham Recreation Dept.
HWM: Hamilton Wenham Museum
LEG: Hamilton Legion Hall

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Bridge - HWL - 10am Blood Pressure Clinic H - 9am-12pm	2 *Market Basket “Outdoor Walking”- H 9:00am Cribbage - HWL - 10am *Balance+-W- Regina 10:30pm - 11:30pm *Knitting Group - W 3pm - 4:30pm	3 Zumba G HWR 9am Gentle Joints H 10-11am Bingo is BACK @ Enon - 2pm <u>COA Van - mysterv trips</u> <u>Time:TBD</u>
6 *SHINE W 10am - 12p Knitting - HWL 12 pm - 2 pm *Audiology - W 12pm Bridge - W 6:30 - 8:30 pm	7 <u>Sen. Tarr</u> *W 12-2pm *Low Vision - H - 10:30am *Chair Yoga-W- Lisa 1pm - 2pm *Computer help W 3 - 4pm <u>Call 468-5529</u>	8 Bridge - HWL - 10am Blood Pressure Clinic H - 9am-12pm	9 *Market Basket “Outdoor Walking”- H 9:00am Cribbage - HWL - 10am *Balance+-W- Regina 10:30pm - 11:30pm Memory Café - HWM 2 - 4 PM *<u>NO Book Club MTG-</u> W - 3 PM	10 Zumba G HWR 9am Gentle Joints H 10-11am Bingo is BACK @ Enon - 2pm <u>COA Van - mysterv trips</u> <u>Time:TBD</u>
13 Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm Audiology - H - 12pm-2	14 TRIAD Meeting - W 10 am - 11am *Chair Yoga -W- Lisa 1pm - 2pm *Movie - W - 10 am COA BOARD MTG W - 2 - 3 PM	15 Blood Pressure Clinic H - 9am-12pm *Pumpkin Cutting - ENON / 9:30am - 11am *Health and Resource Presentation Town Hall - 11 -1PM HWCAM Come4 Lunch	16 *Market Basket Cribbage - HWL-10am *Balance+-W- Regina 10:30pm - 11:30pm *Knitting Group - W 3pm - 4:30pm *Low Vision Grp Trip H - 9am - 2pm	17 Zumba G HWR 9am Gentle Joints H 10-11am Bingo is BACK @ Enon - 2pm <u>COA Van - mysterv trips</u>
20 *SHINE W 10am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm	21 *Chair Yoga-W - Lisa 1pm - 2pm *Pumkin Cutting - WCOA / 11:30am - 1pm *Computer help W 3 - 4pm <u>Call 468-5529</u>	22 Bridge - HWL - 10am Blood Pressure Clinic H - 9am-12pm *Podiatry - H 9:00am *Paint & Pizza W - 2pm - 4pm <i>Aleah</i>	23 *Market Basket “Outdoor Walking”- H 9:00am Cribbage - HWL - 10am *Balance+-W- Regina 10:30pm - 11:30pm	24 Zumba G HWR 9am Gentle Joints H 10-11am Bingo is BACK @ Enon - 2pm *JACK HAUCK>>>> <u>SAT., 25th</u> COFFEE - 10AM
27 Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm *Computer help W 10am - 12pm <u>Call 468-5529</u>	28 *Chair Yoga-W - Lisa 1pm - 2pm *Movie - W - 10 am SeniorCare Breakfast Fundraiser 7am - 10:30 am Lobsta Land - \$10	29 Bridge - HWL - 10am Blood Pressure Clinic H - 9am-12pm *SeniorCare Lunch W - 12:00 PM <i>Financial Mgmt &</i> <i>RSVP Services</i>	30 *Market Basket “Outdoor Walking”- H 9:00am Cribbage - HWL - 10am *Balance+-W- Regina 10:30pm - 11:30pm *Watercolor Painting W 2pm - NEW! RSVP	31 Zumba G HWR 9am Gentle Joints H 10-11am Bingo - Enon - 2pm <u>COA Van - mysterv trips</u> <u>Time:TBD</u>

Day Trips with Ipswich and Hamilton

Call 978-468-5534 to sign up and full pay is required

October 9th - NH Turkey Train - Thursday, October 9, \$72/pp. Board the scenic railroad dining car to enjoy the changing colors of sugar maples. You will be served a delicious full course luncheon featuring Hart's Turkey Farms roast turkey dinner. You will also enjoy a visit to the magnificent Clydesdales at the Anheuser Busch brewery in Merrimack, NH.

November 13th - Foxwoods Casino - Thursday, November 13, \$27/pp. Trip on the Luxury Silver Fox Motor Coach. Trip includes a delicious festival Buffet or \$10 food voucher plus \$10 casino slot play.

December 11th - Indian Head Resort Christmas Tour - Thursday, December 11, \$69/pp. This trip includes a welcome cocktail reception, a spectacular holiday revue show, sing-a-long and a delicious buffet luncheon on 180 acres of scenic splendor in New Hampshire's spectacular White Mountains.

Wenham Van Transportation Services

*****Park at the Wenham COA, be green and enjoy the company of your friends*****

GIVE US YOUR IDEAS ON HELPFUL WEEKLY DESTINATIONS



Call Dispatch: 978-468-5534

Service hours: Mon - Fri: 8 am - 3:30 pm

24 Hr. Advance Notice Preferred

COA SEEKING Volunteers!

Try both our Chair Yoga and Strength, Stretch and Balance

We want you! We will provide you an incentive to combine our 2 classes!

Chair Yoga on Tuesday, at 1pm ~ Strength, Stretch and Balance on Thursday, at 10:30am

Sign on through November for \$60 or pay \$6 per session. (Save \$40) Drop in FREE.

Adults can gain strength at approximately the same rate as younger people. Increases in strength as much as 40% have been documented for persons as old as 96. Some studies suggest that as little as three or four months of proper training can reverse as much as 30 years of decline in function. In addition breathing and meditation will not only provide a sense of well being but help provide a more restful sleep, reduced anxiety and enhanced respiratory endurance. Use COA Van. (heathandage.org)

Medicare's Open Enrollment is October 15 - December 7.

Make an appointment with a SHINE Counselor NOW!

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should have received information from your plan by the end of September. It is important to read and save this information because it explains the change in your plan in 2015. During Medicare's Open Enrollment, you will have a chance to change your plan for next year. **SHINE** (*Serving the Health Insurance Needs of Everyone*...on Medicare). Counselors can help you understand your plan changes, as well as other options you may have.

Appointments are limited so make your appointment soon.

Trained **SHINE** Counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To make an appointment call (978) 468-5529.

Highlights and Creative Endeavors

KUE (Knitters United Etc.) on the Thursdays, October 2nd & 16th

You don't have to be a knitter to be part of our group! We are meeting on two Thursdays each month and already have one participant who is happily hooking a beautiful rug. We welcome everyone who wants to be part of a group exchanging chatter, friendship and often good advice. We have tea and cookies and an enjoyment of some kind of handcraft. So bring your quilting, sewing, weaving etc. and join KUE. We meet on the first and third Thursday of every month at 3 PM. Hope to see you there. ~ Penny Wingate



<<<EAT, DRINK AND PAINT PARTY - Wednesday, Oct 22 at 2 pm in our COA Building, 10 School Street. Our *Paint Days* continue and the image presented is often something discussed and agreed on. As usual we will use our dry time to eat and drink. We have a good group and may have to find a larger studio. Everyone has heard of the popular "Paint Night" at this point. Artists feature their work and they help you understand the flow of their work! If you are interested please call so we know our headcount (978) 468-5534. We'll be painting the work pictured to your left by artist Aleah Gates.

<http://paintnite.com/pages/home/index>

About Hamlet: On a dark, winter night, a ghost walks the ramparts of a castle. A young Prince devotes himself to avenging his fallen father. A murderer ascends to the throne. A girl in love, jilted and called to spy on her once-lover. Something's rotten in the state of Denmark in this tale of fate, free will, mortality, and madness. Join Sea Change theatre for what is often known as William Shakespeare's greatest tragedy, *Hamlet, The Prince of Denmark*.

Community House Theater presents ... Joseph Kesselring's

Arsenic and Old Lace

Directed by Jay Pension

This classic comedic play is perhaps best known through the film adaption starring Cary Grant and directed by Frank Capra. Since 1941, Joseph Kesselring's play has had audiences laughing in their seats with a story about a family of questionable sanity. Two spinster aunts' homemade elderberry wine, three quirky nephews, and a couple of dead bodies come together for an entertaining tale. *Arsenic and Old Lace* is presented by special arrangement with Dramatists

Play Service, Inc.

COA Group rate available for 10

Performances:

***CALL (978) 468 - 5534**

Saturday, October 25 – 7:30 pm

Sunday, October 26 – 3pm

Thursday, October 30- 7:30pm

Friday, October 31 – 7:30pm

Saturday, November 1 – 7:30pm

Sunday, November 2 – 3pm



Wenham Museum's Memory Café - 2nd Thursday of the month October 9, November 13 and December 11; 2 – 4 pm

Enjoy an afternoon of coffee, conversation, and companionship with other memory loss caregivers and their loved ones. Our time together will center on a variety of objects from the museum's collection.



Sea Change Theatre Company, Dane Street

Church, 10 Dane Street, Beverly, MA ~

www.seachangetheatre.com

To reserve your tickets, please email
info@seachangetheatre.com or call

978.500.3885

Tickets must be reserved no later than 24 hours
in advance.

Please provide Code: Hamlet-P4

Tickets will be held at Will Call. All seats are
general admission.

Wenham COA
10 School Street
Wenham, MA 01984

NON-PROFIT
ORGANIZATION
U.S. Postage Paid Bulk
Permit No. 111
WENHAM, MA 01984

Wenham COA FACEBOOK continues to be very helpful. Recently we needed a lightweight (19lb) transport wheelchair (Invacare) for a woman who had fallen broken her ankle and I posted it on FB. We are awaiting a response but we will get it! The message coming through is that people out there are eager to help people in need. Facebook is great...very encouraging!

Wenham Council on Aging is looking for volunteer help with hospitality on the 3rd Weds of every month at 12pm and one Saturday at 10a

Wenham Issues of Social Service Help - WISSH Confidential temporary financial and social service assistance.(978)468-5520 x9

Senator Tarr's District Office Hrs
Wenham Senior Center
Tuesday, October 7th from 11am to 12:30pm

Deliver to addressee or current resident

"The mission of the Council on Aging is to advocate for older adults, to identify their needs, to develop and implement services and programs to meet their health, economic, social and cultural needs, to encourage maximum independence, and to improve their quality of life."
Newburport Council on Aging: Mission Statement

Wenham Board Members

Chairman - Lucy Sprague Frederiksen
Roseann Brozenske - Vice Chair
Penelope Wingate - Secretary
Peggy Gauthier
Diana Lang
Elizabeth Colt
Juliana Dodge

Friends of Wenham COA

Sue Bannon - President
Ann Geikie - Vice President
Bob Wilkes - Treasurer
Jim Howard - Secretary

Adult Swim Programs

Lap Swimming and Water Exercise
Cost: 20 Visits for \$65 (\$3.25 per visit)
Register through the **HW RECREATION**

(978) 468-2178
Location: Gordon College
Bennett Center

Plan for Weekly Exercise with US!

Tues., 1-2 PM and Thurs., 10:30 - 11:30 PM
Wenham COA Building

In October we will be rolling out the optimal balanced exercise program which will have you feeling much better this winter! Class limited to 14-16. Stay Tuned!

HEALTH AND WELLNESS

(978) 468-5534 ~ \$5 DONATIONS ACCEPTED ~
~ CALL US TO SIGN UP ~

CHAIR POSE YOGA
TUES. CLASS WITH LISA B.
1 - 2 PM

**STRENGTH ~ BALANCE
ENDURANCE ~STRETCHING**
THURS. CLASS W/ REGINA B.
10:30 - 11:30 AM

Outreach Corner:

Are you or somebody you know having difficulty hearing?

- ♦ **Is it hard to hear when in a group conversation?**
- ♦ **Do you need the television louder than the rest of your family?**
- ♦ **Are you constantly asking people to repeat themselves?**

If you answered "yes" to any of the above questions, you may be suffering from hearing loss. A FREE simple and convenient test is available called, "Dial-A-Hearing-Screening Test" and it is administered over the phone.

Here's how it works: Call 740-633-HEAR (4327) anytime Monday through Friday between 9:00 am and 5:00 pm. For best results, call from a quiet room using a land line. A recording gives you complete instructions and a quick exam consists of a series of tones. If you hear all the tones your hearing is fine. If you don't call us at (978) 468-5529.